

## Course Title: Health & Physical Education

### Course Information and Outline

Course Name: Healthy Active Living    Course Code: PPL-10    Teacher: D. Burton, M. Silva, Teena O'neill

#### Materials:

The following is a list of materials that you need to bring to each class:

- Woodbine gym uniforms
- Running shoes

#### Classroom Expectations:

1. Participate FULLY in ALL ACTIVITIES.
2. Give your best effort when participating.
3. Be on time and in uniform for each class.
4. Complete all tests and assignments.
5. Know and abide by the Code of Behaviour (see Student Agenda).

#### Course Description:

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal setting, communication, and social skills.

#### Units of study:

- ❖ Net/Wall Games
- ❖ Target Games
- ❖ Striking/Fielding Games
- ❖ Invasion/Territory Games
- ❖ Physical Fitness
- ❖ Healthy Active Living

#### Assessment and Evaluation:

Students will be assessed using a variety of tools such as tests, quizzes, performance tasks, presentations, etc. In most cases, a rubric based on 4 levels of achievement will be used to assess mastery of the curriculum expectations.

Level 4	80 – 100%
Level 3 ★	70 – 79%
Level 2	60 – 69%
Level 1	50 – 59%
Level R (remediation required)	Below 50%

★ Level 3 is defined as the provincial standard. A student achieving at level 3 should be well prepared for work in the next grade level or the next course.

**Mark Breakdown:**

Students will be evaluated according to the following scheme (subject to minor changes) based on the achievement categories outlined by the Ministry of Education and Training:

Achievement Categories				Final Exam & Project (30% Gr. 9 Only)
	Term 1	Term 2	Term 3	
Knowledge and Understanding of Concepts (Tests, quizzes, skill analysis etc.) TOTAL: 15%	10%	20%	15%	
Communication (Presentations, leading drills, social skills etc.) TOTAL: 12%	10%	15%	10%	
Thinking, Inquiry and Design Skills (Journals, assignments, developing skills through the creation of drills etc.) TOTAL: 13%	10%	15%	15%	
Application (Uniform, attendance, participation, effort, skills, etc) TOTAL : 60%	70%	50%	60%	

\*Seventy percent of this term mark will be calculated into the final grade. There will also be a summative evaluation that will be worth 30%. This final evaluation may include a portfolio, examination, skill demonstrations, and/or fitness assessments.

**Reporting of Learning Skills:**

Learning Skills will be assessed throughout the duration of the course and will appear on the report card. The Learning Skills that will be assessed are:

Works Independently / Teamwork / Organization / Work Habits / Initiative

These will be evaluated using the following scale:

Excellent (E)

Good (G)

Satisfactory (S)

Needs Improvement (N)

**Sign and Return this Portion to the Teacher**

STUDENT NAME (print): \_\_\_\_\_

Dear Student and Parent/Guardian,

I want this year to be exciting and challenging! I know that with hard work, dedication and a positive attitude, each and every student can succeed and prosper. We are in this together. I welcome you to the team and invite you to participate in making this school year a successful one.

Please sign below to indicate that you have read and understood the evaluation procedure and the policies pertaining to this course.

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

Parent Contact Information: Home Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_

Do you have access to a computer at home?  NO

YES Parent's Email Address: \_\_\_\_\_